

# Book 45

168

## Herbal Medicine

1. The importance of having a herbal medicine Doctor can not be stressed enough. Even if it be through books or having one abroad from your country, it is of utmost importance to have a herbakist to consult your medical problems, so that they can prescribe the recommended doses / dosages and the recommended herbs for all your conditions.
2. You must also be willing to read up on herbal medicine and the uses of the herbs which you have been prescribed, so that you know ~~how~~ <sup>what</sup> effect they have on your health, on your healing, on your body and